

| MEALS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--|---|---|---|--|--------|----------|
| Morning | 1L H2O w/ lemon juice | 1L H2O w/ lemon juice | 1L H2O w/ lemon juice | 1L H2O w/ lemon juice | 1L H2O w/ lemon juice | | |
| Breakfast | detox green smoothie (see recipe) – 1 serving | detox green smoothie (see recipe) – 1 serving | detox green smoothie (see recipe) – 1 serving | detox green smoothie (see recipe) – 1 serving | detox green smoothie (see recipe) – 1 serving | | |
| Mid-Morning Snack (optional) | ultimate energy trail mix 1/3 cup (see recipe) fresh berries – 1/2 cup (blue, rasp, straw, black) | 1 fresh fruit (apple or pear) w/ 2 tbsp. nut or seed butter | ultimate energy trail mix 1/3 cup (see recipe) fresh berries – 1/2 cup (blue, rasp, straw, black) | 1 fresh fruit (apple or pear) w/ 2 tbsp. nut or seed butter | ultimate energy trail mix 1/3 cup (see recipe) fresh berries – 1/2 cup (blue, rasp, straw, black) | | |
| Lunch | berry boost smoothie (see recipe) – 1 serving OR salsa stuffed avocado w/ almond meal & mixed greens | berry boost smoothie (see recipe) – 1 serving OR mediterranean salad (cucumber, tomato, peppers, red onion, 10 black olives) w/ meatballs (see recipe) | berry boost smoothie (see recipe) – 1 serving OR avocado & broccoli salad w/ leftover chicken (see recipe) | nourishing salad w/ leftover salmon (see recipe) | collard wraps w/ nourishing salad | | |
| Snack | salsa stuffed avocado w/ almond meal OR 1/8 cup pumpkin seeds, raw veggies, carrot, celery, peppers, cucumber, broccoli, cauliflower, radish) | mediterranean salad (cucumber, tomato, peppers, red onion, 10 black olives) 1 cup OR 1/8 cup raw almonds, kale chips | 1/8 cup pumpkin seeds, raw veggies (carrot, celery, peppers, cucumber, broccoli, cauliflower, radish) | 1/8 cup raw almonds, kale chips (see recipe) | 1/8 cup pumpkin seeds, raw veggies (carrot, celery, peppers, cucumber, broccoli, cauliflower, radish) | | |
| Dinner | roasted lemon chicken w/ roasted brussel sprouts, beets, and apple (see recipe) | super stuffed sweet potatoes (see recipe) | baked salmon w/ sautéed baby bok choy in 1 tsp. coconut oil, & garlic and ginger broccoli | lettuce taco wraps w/ leftover chicken (see recipe) | baked veggie* flat 'bread' w/ cauliflower crust (see recipe) *use your leftover veggies and any meat remaining from the week! | | |